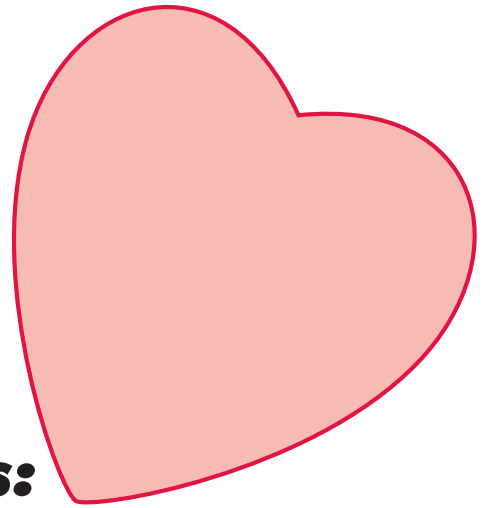
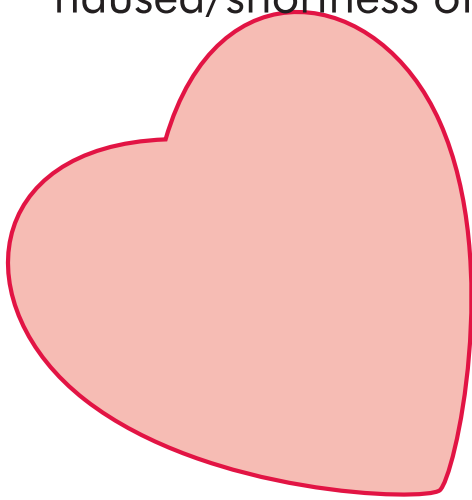


February is **Healthy Heart Month!**



Heart Attack Warning Signs:

- Pressure/fullness/squeezing pain in the center of the chest lasting more than a few minutes
- Pain spreading to the shoulders/neck/arms
- Chest discomfort with lightheadedness/fainting/sweating/nausea/shortness of breath



Warning Signs Can Be Different for Women:

- Atypical chest pain/abdominal pain
- Nausea/dizziness without chest pain
- Shortness of breath/difficulty breathing without chest pain
- Unexplained anxiety/weakness/fatigue
- Palpitations/cold sweat/paleness

Stroke Warning Signs:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Unexplained anxiety/weakness/fatigue
- Palpitations/cold sweat/paleness

